

We moved...
see page 2
for details

Therapeutic Recreation Fall 2009

Programs for Individuals with Disabilities

Phone: 240-777-6870 | TTY: 240-777-6974

montgomerycountymd.gov



Therapeutic Recreation
4010 Randolph Road
Silver Spring, Maryland 20902



Mailing List Update

We are currently updating our mailing list. To add or remove your name from our list, please call 240-777-6870, or send an email to rec.mainstream@montgomerycountymd.gov.

TR has a new address...

The Therapeutic Recreation Team has joined the Countywide Programs Team. Our office is now located at 4010 Randolph Road, Silver Spring. Our new phone number is 240-777-6870.

Therapeutic Recreation Dances

For teens and adults, ages 15 and up, with disabilities. DJ, refreshments and opportunities for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in. **A REGISTRATION FORM IS NOW REQUIRED. PLEASE PRE-REGISTER.**

Cost: \$8.00 club member, \$10.00 non club member

Location: Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton

SpookTRacular Dance

Saturday, October 31, 2009

Have a "Spooky" fun time in your favorite costume and maybe win a prize! We promise not to scare you...too much! Register early to avoid the rush.

258625 Holiday Park SrC 10/31 Sa 7:00-10:00pm

Winter Holly-Day Dance

Saturday, December 5, 2009

Celebrate the Winter in style at our semi-formal dance of the season. Knock us off our feet because of "The Way You Look Tonight!" Semi-formal attire is encouraged.

258625 Holiday Park SrC 12/5 Sa 7:00-10:00pm



Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs offered by the Department of Recreation. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or Braille print, other auxiliary aids or services, must be requested at least two weeks prior to the start of the program. Companions may be requested to provide one-to-one assistance for a recreation program. Companions are volunteers and placements are not guaranteed. To schedule an intake request, please call 240-777-6870. TTY 240-777-6974.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services, please call a mainstream facilitator (240-777-6870) to discuss your needs.

Additional Programs/Resources

Senso-Musical, LLC

Senso-Musical offers a wide range of music therapy and music educational services for children, adolescents and adults. Call 301-685-6211.

Flu Information

Influenza or "flu" is an infection of the nose, throat and lungs. It is highly contagious and is spread person to person through the air by coughing or sneezing. For more information on where to get a vaccination, call Montgomery County HHS Immunization Line at 240-777-1050.

The Medical Day Care / Values in Action (VIA)

Program is funded through Medicaid for individuals age 16 and older. VIA is used as an after-school program for students with severe disabilities, offering support to participate in leisure and recreational activities in the community in conjunction with nursing and speech, occupational, and physical therapeutic services. Call 301-251-1076.

Helping Out in Therapeutic Recreation:

Volunteer Opportunities

Come out to one of our dances or special events and give a hand to a teen or adult. Support a child during a weekend movement or cooking class. Enhance the experience for a participant in a swimming class by assisting in the evenings during the week. We are always looking for enthusiastic volunteers to assist with these activities!

All Therapeutic Recreation Volunteer Positions are approved through MCPS and most private schools as beneficial Student Service Learning Activities.

For more information, please call 240-777-6870.

Employment Opportunities

Experience working with individuals with disabilities preferred. Evenings and weekend hours are available. For more information, please call 240-777-6870.



Youth Programs

TR Cooking for Kids (now at Germantown CC)

Ages 7-12: with disabilities: Everyone will help make, eat and clean up a tasty snack each class. Will it be more fun making it or eating it? You decide. Focus will be safe food preparation, healthy food choices and socialization. Parent participation is optional. 1 staff to 4 participants. No personal care provided.

6 sessions **\$45.00**

258623 Germantown CC 10/17 Sa 12:30-2:00 pm

Creative Expression and Dance

Children, Ages 5-12, with mild developmental delays: This dance and creative movement class will offer young children the opportunity to increase motor skills and develop self-confidence and creativity through the art of dance. 1 staff to 4 participants.

6 sessions **\$30.00**

261639 Bauer Drive CC 10/17 Sa 2:30-3:15pm

E-Z Hip Hop for Youth

Ages 7-12: Introduction to fresh and exciting dance moves to the beat of hip hop music. Designed especially for children with developmental disabilities and their peers. Movements are also adapted for those who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions. Instructor: Sue Green

8 sessions **\$60.00**

259690 Holiday Park SrC 10/10 Sa 9:00-9:45 am

Karate for Individuals with Disabilities

Ages 6 and up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Classes will include stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

5 forty-five minute sessions **\$44.00**

258744 Holiday Park SrC 9/26 Sa 9:00-9:45 am

10 forty-five minute sessions **\$88.00**

258745 Holiday Park SrC 9/26 Sa 10:00-10:45 am

Teen and Adult Programs

TR BIG Game Nights

Ages 13 and up with disabilities: Have fun playing oversized games with your friends, and come make new friends, too. Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants. No personal care. Meets 10/9, 10/23, 11/13, 12/11.

4 sessions **\$32.00**
258628 Holiday Park SrC 10/9 F 7:00-9:00 pm

NEW! On The Move

Teens and young adults, ages 16 to 21 who attend Learning For Independance (LFI) in high school. Center and community based activities that include cooking, games, trips on Ride-On and more. Participants must have communication skills, basic money management skills, able to travel safely and know how to have fun! 1 staff to 4 participants. No personal care.

6 sessions **\$60.00**
262239 Bauer Drive CC 10/17 Sa 1:00-4:00 pm

Returning! Soccer League

For Teens and Adults, ages 18 & older, with developmental disabilities. TEAM PRE-REGISTRATION REQUIRED (minimum 8, maximum 15/team) for each agency. A Registration Form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days. A Manager's Meeting is scheduled on September 15 to discuss playing rules, etc. No personal care is provided. Care-providers must accompany participants who need personal care. Sponsored by the Countywide Programs: 240-777-6880.

\$50.00
263171 MCDR Field 9/20 Su 12:00 pm

Beginning Handbuilt Pottery for Adults

Ages 18 and up, with disabilities. Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate basic needs. A \$15 material fee is due to the instructor. 1 staff to 8 participants. No personal care provided.

8 sessions **\$68.00**
259391 Wheaton CC 10/14 W 1:30-2:30 pm

Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic needs. You may register for Fall Club membership for Active Adults or Weekenders for a seasonal fee of \$40.00 or One Year Memberships (October - June) for \$100.00 Socializers: Fall membership fee of \$20.00 or One Year Membership (October - June) for \$50.00.

Membership Process

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. Fall Schedule will begin in October. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

Active Adults Club

Adults, ages 21 and older with developmental disabilities. Events require members to actively participate in community trips and group activities. 1 staff to 5 participants. Average 2 -3 activities per month. **Fall Membership only (October-December)** **\$40.00**

Weekenders Club

Adults, ages 21 and older with learning disabilities. This club serves independent members in group activities that are socially exciting in the community. 1 staff to 6 participants. Average 2-3 activities per month.

Fall Membership only (October-December) **\$40.00**

Socializers

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants. Average 1 activity per month. Base meeting site: Inwood House. **Fall membership only (October - December)** **\$20.00**

Ways to register

- RecWeb online: montgomerycountymd.gov/rec
- Fax: 240-777-6818 (payment by VISA or MasterCard)
- Mail or Walk In: Registrar

4010 Randolph Road, Silver Spring, MD 20902

Payment Information

Full payment is due with registration. Non-county residents pay an additional \$10 per participant per activity. Financial assistance is available to county residents who qualify. Call 240-777-6840 for information. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received. In addition, all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

Recreation Department Late Pick Up Policy

An overtime fee of \$10 for each fifteen minutes (or portion of 15 minutes) is assessed regardless of the reason for being late. Payment is due at the time of pick up. Individual may not participate in future activities until late payment is made.

Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

Slow 'n Easy Aerobics

Ages 15 and up, with disabilities. Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow two-step instructions. 1 staff to 10 participants. No class 11/26

8 sessions

\$35.00

258616	Wheaton CC	10/19	M	7:00-8:00 pm
258617	Potomac CC	10/13	Tu	7:00-8:00 pm
258618	Damascus CC	10/15	Th	6:30-7:30 pm
258619	Bauer Drive CC	10/15	Th	7:00-8:00 pm

Fun, Rhythm & Roll!

Ages 15 and up, with disabilities: Enjoy moving to a world of rhythms. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances. Designed especially for teens and adults with developmental disabilities. Movements are also adapted for people who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions. Instructor: Sue Green

10 sessions

\$75.00

258601	Holiday Park SrC	10/10	Sa	10:00-10:45 am
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Turn the Beat Around

Teens and adults, 15 and up with disabilities: Introduction to basic movement to music for exercise and social dancing. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

8 sessions

\$35.00

258629	Bauer Drive CC	10/15	Th	8:00-9:00 pm
258630	Good Hope CC	10/14	W	8:00-9:00 pm
258631	Upper County CC	10/14	W	8:00-9:00 pm

Moving with Multiple Sclerosis

Ages 18 and up, with Multiple Sclerosis. Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussion will focus on ways to keep exercising outside of class.

6 sessions

\$38.00

258607	Germantown CC	10/18	Sa	1:00-2:00 pm
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Adult Swim

Ages 18 and up, with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic needs and have minimal self-help skills. 1 staff to 7 participants. No class 11/26. No personal care provided.

8 sessions **\$38.00**

258594	MLK Swim Center	10/13	Tu	8:30-10:00 pm
258595	MAC Swim Center	10/15	Th	8:30-10:00 pm
258596	Germantown SwCtr	10/14	W	8:30-10:00 pm
258597	Olney Swim Center	10/16	F	7:00-8:30 pm

E-Z Hip Hop

Ages 15 and up, with developmental disabilities.

Introduction to fresh and exciting dance moves to the beat of hip hop music. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions. Instructor: Sue Green

Ages 18 and up

8 sessions **\$60.00**

258599	Wheaton CC	10/16	F	11:30-12:15 pm
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Ages 15 and up

10 sessions **\$75.00**

259689	Holiday Park SrC	10/3	Sa	10:00-10:45 am
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Water Aerobics for Teens and Adults

Ages 18 and up, with disabilities. If you need to get into shape, then this slow paced aerobics class done in shallow water is for you. Workout uses water to cushion feet, knees and back. Emphasis is on fun and improving your cardiovascular conditioning. No class on 10/18 and 11/15.

8 sessions **\$48.00**

258632	MLK Indoor Pool	10/11	Su	4:00 -4:50pm
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RecWeb

Easy...Fast...Secure!

recweb.montgomerycountymd.gov/rec

RecTransitions

RecTransitions is a Therapeutic Recreation program designed for middle and high school students enrolled in Special Education. Students enrolled in the School Community Based (SCB) and the Learning For Independence (LFI) programs are the targeted audience. Rec is short for Recreation and Transitions refers to the Transition Program that moves students from school to work. Combining the two areas prepares students for recreational opportunities that they may pursue during their leisure time. Offerings this year include Water Aerobics, Yoga and Hip Hop Line Dance and Circuit Training classes. Contact your child's school or our office at 240-777-6870 if you are interested.

Facility Locations

Germantown Indoor Swim Center 18000 Central Park Circle, Boyds
Montgomery Aquatic Center 5900 Executive Boulevard, N. Bethesda
Martin Luther King Swim Center 1201 Jackson Road, Silver Spring
Olney Indoor Swim Center 16605 Georgia Avenue, Olney
Bauer Drive Community Center 14625 Bauer Drive, Rockville
Damascus Community Center 25520 Oak Drive, Damascus
Germantown Community Center 18905 Kingsview Road, Germantown
Good Hope Community Center 14715 Good Hope Road. Silver Spring
Potomac Community Center 11318 Falls Road. Potomac
Wheaton Community Center 11711 Georgia Avenue, Wheaton
Holiday Park Senior Center 3950 Ferrara Drive, Wheaton
Inwood House 10921 Inwood Avenue, Silver Spring
MCRD Field 4010 Randolph Road, Silver Spring



Everyone enjoys Hip Hop Line Dancing at the Rec Transition class at Wheaton Community Center.



A great lunch for family and friends is prepared by students in the "Cooking for Kids" class.

Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
(if under 18 years) Mother's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____
Father's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____